

**The Differences between the Winning and Losing Team Anxiety Level and Self - Confidence in the Malaysia Final FA Cup 2016.**

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### **Abstract**

*This study had tried to compare the difference between the winning and losing team's anxiety level and self- confidence in the Malaysia Final FA Cup 2016. Thirty six male football players aged between 23 to 36 years ( $M = 28.58$ ,  $SD = 3.38$ ), with 5 to 18 years of experience had participated in this study. All players were purposively chosen from the finalist FA Cup 2016 Johor Darul Takzim (JDT) team and PKNS FC team. The Competitive State Anxiety Inventory-2R (CSAI-2R) questionnaire was used in this study and was given prior to the competition. The result clearly showed that the winning team had low level of anxiety and high level of self- confidence compared to the losing team. Anxiety and self- confidence were important because it can predict the performance of the athletes. Hence, psychological skills training can be considered by coaches and sport psychologist during practice and competition in order to improve the performance of athletes.*

**Keywords** *somatic anxiety, cognitive anxiety, self- confident, football, Final competition*

### **Introduction**

Anxiety, as a negative enthusiastic, influence observations in-game rivalries, where an extensive dominant part of competitors consider nervousness to be debilitating towards execution, may bring about declines in execution (Weinberg & Gould, 2011; Raglin & Hanin, 2000). All the findings suggest that heart rate and hormone level ought to be utilized in order to have a better understanding in the levels of anxiety before competing in the competition. As Filaire, Alix, Ferrand, Verger, (2009) noted that positive relationship was found between cortisol and both cognitive anxiety and somatic anxiety in the competition.

State anxiety consists of somatic and cognitive anxiety (Cox, 2002). The physiological components such as feelings of stomach butterflies, increase of heart rate, and sweaty palms are considered as somatic anxiety (Martens, Burton, Vealey, Bump, & Smith, 1990; Jarvis, 2002). Meanwhile, cognitive anxiety is the way athletes think which is described by negative perceptions about any tasks or self-assessment such as negative self-talk and stress over

execution (Martens et al., 1990; Jarvis, 2002). In general, if athletes are experiencing a high level of trait anxiety, they will also have high level of state anxiety.

Eysenk (1992) identified that the present situational stress influence the anxiety of the athletes, where negative experiences are higher in performance effectiveness. For example, feeling worried affects the performance effectiveness. Hann (2000), "sports psychologists have long believed that high levels of anxiety during competition are harmful, worsening performance and even leading to dropout." Previous researchers clearly mentioned that the athletes had potential in changing of their anxiety level before the competition (Weinberg & Gould, 2011; Weinberg 1989; O'Neil, Baker & Matsura 1992; O'Neil & Abedi 1992). It is because somatic anxiety and cognitive anxiety component refers to the time and situation they are in (Mazlan, 2014; Caruso, Dzewaltowski, Gill, & McElroy, 1990). However, when the players perform well, they are at the optimum level of anxiety. It depends on the positive or negative interpretation by the athletes toward performance (Hanton, Neil, & Mellalieu, (2008). In fact, professional athletes also had higher level of anxiety like amateur athletes (Jones, 1995). But most professional athletes with a higher level of skill have been found to have low levels of anxiety (Sade, Bar-Eli, Bresler & Tenenbaum, 1990).

Athletes that can control their level of anxiety can have the potential to win the competition (Humara, 2001). Even though anxiety was identified in worsening athletes' performance, theories which described the relationship between anxiety and performance are different with each other (Weinberg & Gould, 2007; Gould & Krane, 1992; Cox, 2007). However, there is still lack of study focusing on the level of anxiety and self- confidence of Malaysian professional football players particularly in the final competition. Therefore, the purpose of this study was to compare the level of anxiety and self- confidence between the winning and losing team of football players in the Malaysia final FA Cup 2016.

## Methodology

Thirty six football players ranging from 23 to 36 years ( $M = 28.58$ ,  $SD = 3.38$ ), with 5 to 18 years of experience had participated in this study. All players were purposively chosen from Johor Darul Takzim team and PKNS FC team and are finalist of Malaysia FA Cup competition 2016.

### *Competitive State Anxiety Inventory – Revised (CSAI-2R)*

Competitive State Anxiety Inventory- 2R (CSAI-2R), a sport- specific state anxiety scale developed by Cox, Martens, and Russell (2003) was used in this study. The questionnaire structure cognitive anxiety (e.g., I am concerned about choking under pressure) (5 items) and self-confidence (e.g., I am confident of coming through under pressure) (5 items). A raw score scale type response is use to complete the questionnaire that ranges from 1 (not at all), 2 (somewhat), 3 (moderately) and 4 (very much) (Cox et al., 2003). The present study CSAI-2R questionnaire has been reported to have sufficient internal consistency and the Cronbach's alpha was 0.84.

## Procedure

This study was a descriptive research study where it involves determining the views of a group through administering a questionnaire. This study had tried to compare the level of anxiety and self- confidence between the winning and losing team of football players during the Malaysia final FA Cup 2016. The questionnaire was distributed to the respondents two hours before the game.

## Results

A preliminary analysis was conducted and the data are normally distributed. An independent-samples t-test was conducted to compare the level of somatic anxiety, cognitive anxiety, and self-confidence between Johor Darul Takzim and PKNS FC in the Malaysia final FA Cup 2016. In Table 1, the result showed that there was a significant difference in somatic anxiety score for Johor Darul Takzim ( $M= 9.94$ ,  $SD= 2.48$ ) and PKNS FC ( $M= 18.11$ ,  $SD= 5.99$ ;  $t(34) = -5.34$ ,  $p < .01$ , two- tailed). The magnitude of the differences in the means (means difference = -8.17, 95%  $CI$ : -11.28 to -5.06) was very large (eta squared =.40). There was a significant difference in cognitive anxiety score for Johor Darul Takzim ( $M= 7.06$ ,  $SD= 2.04$ ) and PKNS FC ( $M= 15.22$ ,  $SD= 3.59$ ;  $t(34) = -8.39$ ,  $p < .01$ , two- tailed). The magnitude of the differences in the means (means difference = -8.17, 95%  $CI$ : -10.15 to -6.19) was very large (eta squared =.60). Finally, there was a significant difference in self- confidence score for Johor Darul Takzim ( $M= 16.44$ ,  $SD= 1.82$ ) and PKNS FC ( $M= 11.44$ ,  $SD= 2.57$ ;  $t(34) = 6.73$ ,  $p < .01$ , two- tailed). The magnitude of the differences in the means (means difference = 5.00, 95%  $CI$ : 3.49 to 6.51) was very large (eta squared =.56).

## Discussion

The finding of this study revealed that there was a significant difference in the level of somatic anxiety between the winning and losing team in the final FA Cup 2016. The results showed that the somatic anxiety level was utilized for good future understanding. For example, the mean score “somatic anxiety” for Johor Darul Takzim was lower than PKNS FC. As supported by the previous researchers, performance of athletes will improve if the level of somatic anxiety is lower. If that level of arousal is passed then the level of performance will decrease and vice versa (Ashwani, 2015). The results also showed that the level of cognitive anxiety for Johor Darul Takzim was lower than PKNS FC. As Mohd Fared, Mazlan, and Afizan (2016) stated that the highest level of cognitive anxiety will worsen the performance of players. Finally, the present finding clearly revealed that the level of self-confidence for Johor Darul Takzim was higher than PKNS FC. As supported by the previous study, the highest level of self-confidence will improve players’ performance (Weinberg & Gould, 2007). Mohd Fared et al. (2016) had demonstrated that a lower anxiety level can improve or enhance athletes’ performance. In fact, the major factors that will reduce the match performance are a lack of focus, weak performance in competitions and low self-confidence.

In conclusion, anxiety has the potential to intimidate a person’s welfare because it can raise a person’s nervousness and worsen athletes’ performance. The present study revealed that somatic anxiety and cognitive anxiety shows that the team who had lower level of anxieties will

win the game. In fact, if they had high level of self- confidence they also will perform well. So, the athletes must be good in controlling their anxiety level in order to improve performance. These findings are beneficial to coaches and sport psychologist in order to monitor the anxiety level of their players prior to game. Future research needs to explore particularly on the different level of experience or competition respectively. Additionally, the use of psychological skills training to improve anxiety level of football players is also important to be investigated since it will help team athletes' performances (Mohd Fared et al. 2016). ,

Table 1: *Differences of Somatic Anxiety, Cognitive Anxiety, and Self-Confidence between Winning and Losing Team in the Malaysia Final Malaysia FA Cup 2016*

Variable	Position	N	Mean	SD	t	df	p-value	Mean difference	Std. Error difference
Somatic anxiety	JDT	18	9.94	2.48	-5.34	34	.00**	-8.17	1.53
	PKNS FC	18	18.11	5.99	—				
Cognitive anxiety	JDT	18	7.06	2.04	-8.38	34	.00**	-8.17	.97
	PKNS FC	18	15.22	3.59	—				
Self-confident	JDT	18	16.44	1.82	6.73	34	.00**	5.00	.74
	PKNS FC	18	11.44	2.57	—				

Note. JDT = Johor Darul Takzim, PKNS = Perbadanan Kemajuan Negeri Selangor. \*\* $p < .01$

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